



Swim Lessons

Class Description

CLASS: *Preschool*

- ◆ For children 3-5 years old, who have had little or no swim training. Parent will NOT be in the water. Participants will learn basic water safety, introduction to the basic crawl stroke, floating on their back, backstroke, and be introduced to underwater swimming.

CLASS: *Beginner*

- ◆ For children 6-12 years old, who have had some previous swim training. Parent will NOT be in the water. Participants will learn basic water safety, introduction to the basic crawl stroke, floating on their back, backstroke, and be introduced to underwater swimming. Depending upon participant's comfort level, he/she may be introduced to other strokes (butterfly, breast stroke).

CLASS: *Advanced Beginner*

- ◆ For participants who have had basic beginner training. Parent will NOT be in the water. Participants will learn basic water safety, work on stroke refinement, and may be introduced to other strokes (butterfly, breast stroke).

Minimum: 4 per class

Maximum: 8 per class